

Home Agent Outlines Food Insurance For '46

Agent Stresses Importance of Food Preservation And Gives Ways To "Stretch" Sugar

"A full scale community food preservation program is a 'must' for 1946," said Miss Mary Margaret Smith, county home agent yesterday in discussing the importance of home preservation of food. "It again plays a vital part in the nation-wide food preservation campaign. But this year it is related to something bigger—the world-wide need for food. Other programs helping to allay that need are victory gardening, save the wheat, go easy on all cereals, conserve the fats, and prevent food waste," continued Miss Smith.

The people of this country will be able to share more of the easy-to-ship products of high food value, if they put up seasonal abundance of perishable foods for use in the nonproductive months, the home agent said. The use of the community food preservation center affords a safe, easy, compatible way to put up that food.

The national food preservation week which was set for July 15-22 is just the starting point of food preservation in this community, states Miss Smith.

The food preservation program, like the victory garden program, is as important in 1946 as at any time during the war. More food for more people in this "Famine Year" is their joint aim.

Famine threatens the lives of hundreds of millions of people. Former President Hoover and others say the crisis will not be passed before the harvest of 1947. The people will continue to share a large part of the wheat and some of the other foods for at least another year. World food stocks per person have seldom been lower than they are right now.

During this growing season stocks must be rebuilt for another hard winter and spring. In view of the critical needs for food for the world, the ever-present uncertainty of growing weather, the continued heavy consumer demand in this country, and the processing and transportation difficulties of

the reconversion period, it is advisable to take advantage of every opportunity this growing season offers to add to our food stocks, it was suggested by Miss Smith.

Food insurance is needed this year. Needs for food are enormous and the processing industry is laboring under many difficulties and uncertainties. A vast amount of food preserved at home or in community centers is necessary in order to make available other food supplies to insure against starvation in other lands and short supplies at home.

Sound national policy is, in this case, sound household economics. Wheat will be scarce for months to come, meaning less bread and cereals with our daily meal. To safeguard diets, more foods of other varieties will be needed. There should be more vegetables canned this year to replace some of the food values and filling quantities of the wheat that goes abroad.

Prospects at present indicate a good vegetable crop, and also fruits for this season. There will be adequate supplies of glass jars, jar rings, and closures. The supply of pressure canners has been steadily increasing. Only sugar, among all food preservation materials will continue to be relatively scarce.

There will be plenty of raw materials and the need is almost unlimited. The following North Carolina bulletins are available at the offices of the home agents and may be had for mailing. Canning fruits and vegetables. Canning meat for the home. Freezing foods for the home. Jam—Jelly—Pickles—Preserves.

In discussing sugar Miss Smith had the following suggestions to make:

Planning the use of the sugar allotment is the first step in stretching it. Our North Carolina budget calls for 24 quarts of canned fruit per person. This year we will have to continue using the wartime rule for sugar—1/2 cup sugar per quart of fruit. If the full 10 pounds allotment were according to the wartime rule it would result in 40 quarts per person. If the 24 quarts called for in the budget is canned it will require 6 pounds of sugar, leaving 4 pounds of sugar for preserves, jelly and jam. Our budget calls for 2 quarts of jam, 1 quart of jelly and 1 quart of preserves.

The yield of sweet spreads made with the 4 pounds of sugar will vary due to type of spread, method of cooking, and whether or not sugar stretchers are used. Fruit butters are the most sugar economical of the sweet spreads, requiring only half as much sugar as fruit pulp used. A pound of sugar will make about 3 pints of butter. In jam and preserve recipes that ordinarily call for equal parts by weight of sugar and fruit, the proportion can satisfactorily be cut to 1/2 as much sugar. With this proportion, 1 pound of sugar will make around 1 1/2 to 2 pints, or 4 to 6 jelly glasses

At Fort Belvoir



PRIVATE KENNETH TRANTHAM, son of Mr. and Mrs. Grover C. Trantham, of Clyde, is stationed at Fort Belvoir, Va., where he has been since his transfer from Fort Bragg, the induction center to which he reported after entering the army.

Pvt. Trantham entered the service in November, 1945, and at the time was engaged in farming. He is the oldest of nine children. His father is a veteran of World War II and received his discharge during the past year.

Pvt. Trantham recently spent a ten days furlough in the county with his parents.



Reflections

TRAVELING COMPANIONS

A hillbilly had raised a lot of hogs for the market, and when they were about ready to be sold a traveling buyer had offered a certain price for the entire group, and agreed to call for them besides. But the hillbilly was stubborn and wouldn't sell. Instead, he drove the whole lot the not inconsiderable distance into town, but when he arrived there could get no better price than precisely what had been offered him at home.

The traveling buyer heard what had happened, and the next time he was in the neighborhood stopped in to see the hillbilly. "Well," he taunted, "you didn't make much money by driving your hogs into town, did you?"

"No, I didn't," dejectedly admitted the hillbilly. "I didn't make no money. But then, you know," he added, his face brightening, "I had the company of the hogs on the way down."

ONE CONSOLATION

For jellies, a pound of sugar made up with a pint of fruit juices yields on the average 1 1/2 pints, which would fill about 4 glasses. When jelly recipes call for 3/4 to 1 part sugar for every part by measure of fruit juice, use the smaller proportion of sugar. Jelly making is a delicate art, and tinkering with jelly recipes by any but experienced jelly makers is unwise. Failure may mean loss of precious sugar.

Honey and corn syrup can be used to replace part of the sugar in canning fruit and in making jam, jelly, preserves as follows:

In canning fruits, honey may replace as much as 1/2 the sugar called for in the recipe. Corn syrup can replace up to 1/3 the sugar called for.

In making jelly, honey can replace up to 1/2 the sugar called for in the recipe. Corn syrup can replace up to 1/4 the sugar called for. If you use either part honey or part corn syrup, cook the mixture slightly beyond the jelly stage.

In making jams and preserves, the sugar is weighed rather than measured by cupsful. Cook jams and preserves somewhat longer when you cut the amount of sugar. With less sugar it takes a little longer cooking to get the product as thick as you want it.

With corn syrup or honey, replace up to half the weight of sugar called for in the recipe. To make substitutions by cupsful rather than by weight it is necessary to know that 1 pound of sugar equals about 2 cups sugar and that 1 pound of honey or corn syrup measures approximately 1 1/3 cups.

Treated Like a Weed

Composer Edward MacDowell was inveigled by an adoring mother into listening to her child's rendition of his composition, "To a Wild Rose." The offspring struggled through it painfully.

"Doesn't she play adorably, Mr. MacDowell?" beamed the proud parent. "And just think, I taught her to play all by myself!"

"Fine," smiled MacDowell. "But you shouldn't have taught her to pull it up so by the roots."

Get a Horse

Young Woman (in photo studio)—I'd like this enlarged. Clerk—Would you like it mounted? Y. W.—Oh yes—he'll look nice on a horse.

Good Reasons

"Doc, why did you choose to be a skin specialist?" "Because my patients never get me out of bed at night, they never die and they never get well."

WELL COOKED



"Charlie sure acts hard-boiled lately." "Well, he ought to. His wife has kept him in hot water for two months."

Wants the Tip-off

Father—So you're going to take my daughter from me without any warning? Suitor—Not at all, sir. If there is anything about her you want to warn me of please tell me.

Well Worn

"But doctor, I know I'm getting all the exercise I need." "Well, there's no indication of it." "I know, but you only looked at my tongue. Now look at the soles of my shoes."

The Floors Tropical Favorites

Tile, because it is unaffected by termites, is widely used for flooring in homes in warm or tropical climates.

Cool Comfort



By VERA WINSTON

A PRETTY comfortable house coat is so nice to come home to. Well within this category is a house coat of printed plaid crepe in red and navy in white. It has white rayon faille turn-back cuffs to finish off the short sleeves, and the same fabric is used for the perky side-tied sash. Pannier pockets on the skirt give interest to the slim silhouette, and there are soft gathers in the center front on the skirt.

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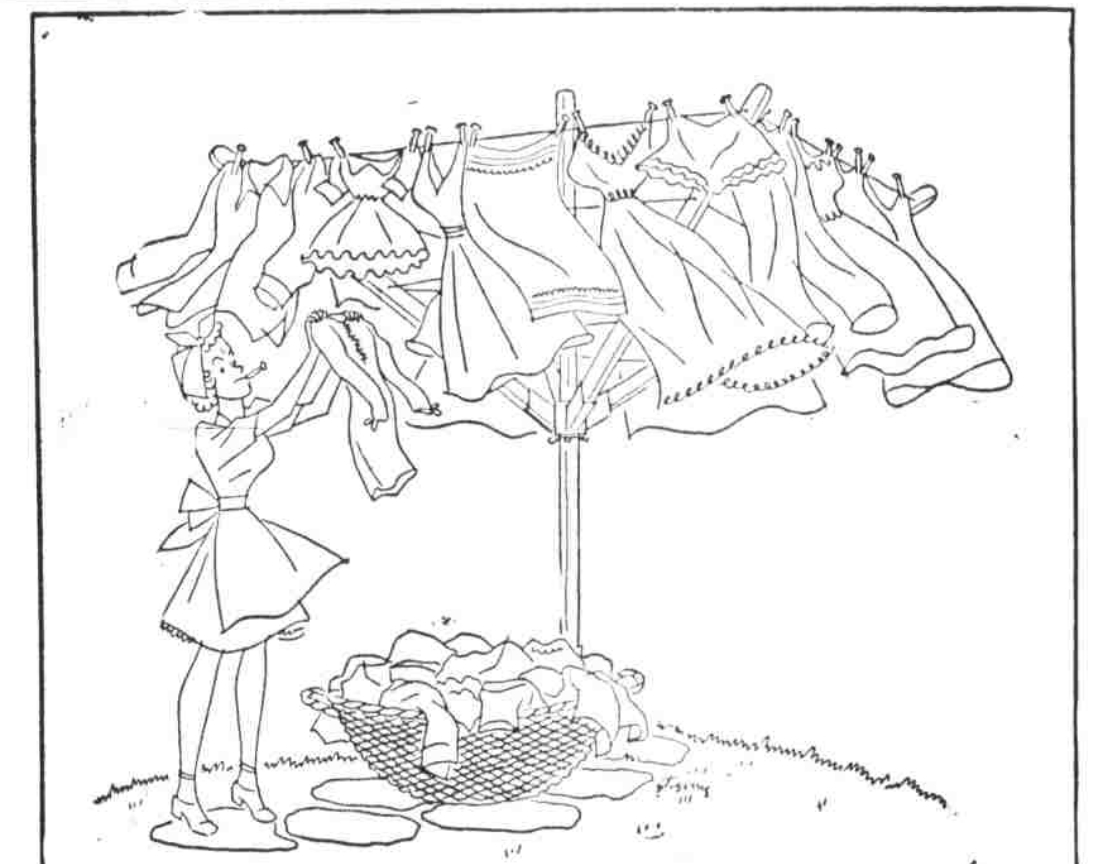
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